

Falls Prevention Awareness Day

According to the U.S. Centers for Disease Control and Prevention, an older adult is treated in the emergency room for a fall every 11 seconds. As we age, most of us lose some strength, coordination, flexibility and balance—primarily through inactivity--making it easier to fall.

Four Major Contributing Factors for Falls

Vision: In the aging eye, less light reaches the retina, which makes it harder to see contrasting edges, tripping hazards and obstacles.

Medication Use: Some prescription and over-the-counter medications can cause dizzy spells, sleepiness, dehydration or an interaction with one another that can lead to a fall.

Environment: Most older adults have lived in their homes for longer periods of time and have never thought about simple modifications that can make it safer as they age.

Chronic conditions: More than 90% of older adults have at least one chronic condition such as diabetes, heart disease or arthritis. Often, these can increase the risk of falling because they result in lost function, inactivity, depression, pain or use of multiple medications.